



Grilled Shrimp Skewers with Romesco

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chiles
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup blanched almonds and whole
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 ounce bread white french firm
- ☐ 4 garlic cloves unpeeled
- ☐ 2.3 pounds shrimp deveined peeled
- ☐ 2 teaspoons olive oil

- ☐ 0.8 teaspoon paprika
- ☐ 1.3 pounds plum tomatoes
- ☐ 5 tablespoons red wine vinegar divided
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water
- ☐ 2 tablespoons water

Equipment

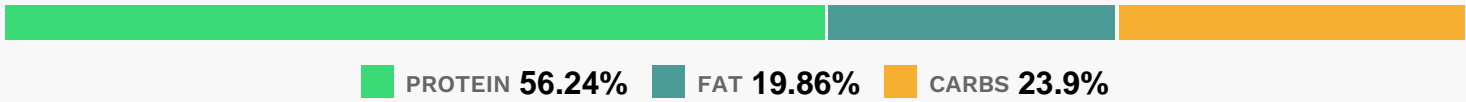
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare romesco, place tomatoes and garlic in a shallow roasting pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until tender. Cool. Peel and seed tomatoes; peel garlic.
- ☐ Combine 1/2 cup water, 3 tablespoons vinegar, crushed red pepper, and chiles in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat.
- ☐ Let stand, covered, 30 minutes.
- ☐ Drain. Discard stems and seeds from chiles.
- ☐ Heat a small skillet coated with cooking spray over medium-high heat.

- ☐ Add almonds; cook 2 minutes or until lightly browned, stirring frequently.
- ☐ Remove from pan.
- ☐ Add bread to pan; cook 2 minutes or until lightly browned, stirring frequently.
- ☐ Place tomatoes, garlic, chiles, 2 tablespoons vinegar, almonds, bread, 2 tablespoons water, salt, oil, paprika, and pepper in a food processor; process mixture until smooth.
- ☐ Prepare grill or broiler.
- ☐ Thread the shrimp onto 12 (8-inch) skewers.
- ☐ Place skewers on grill rack or broiler pan coated with cooking spray, and cook 3 minutes on each side or until shrimp are done.
- ☐ Sprinkle shrimp with parsley, if desired.
- ☐ Serve with romesco.

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:18.136956256369%

Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 261.26kcal (13.06%), Fat: 5.97g (9.19%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 10.9g (3.96%), Sugar: 7.79g (8.65%), Cholesterol: 273.86mg (91.29%), Sodium: 638.93mg (27.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.14%), Vitamin A: 4026.28IU (80.53%), Phosphorus: 440.48mg (44.05%), Copper: 0.82mg (41.17%), Potassium: 952.46mg (27.21%), Magnesium: 97.63mg (24.41%), Manganese: 0.44mg (21.81%), Fiber: 5.28g (21.12%), Vitamin C: 17.3mg (20.97%), Vitamin K: 21.38µg (20.37%), Zinc: 2.81mg (18.72%), Vitamin E: 2.42mg (16.15%), Calcium: 144.89mg (14.49%), Iron: 2.38mg (13.2%), Vitamin B2: 0.22mg (13.06%), Vitamin B6: 0.21mg (10.66%), Vitamin B3: 2.03mg (10.16%), Folate: 28.71µg (7.18%), Vitamin B1: 0.09mg (6.2%), Selenium: 2.25µg (3.21%), Vitamin B5: 0.25mg (2.48%)